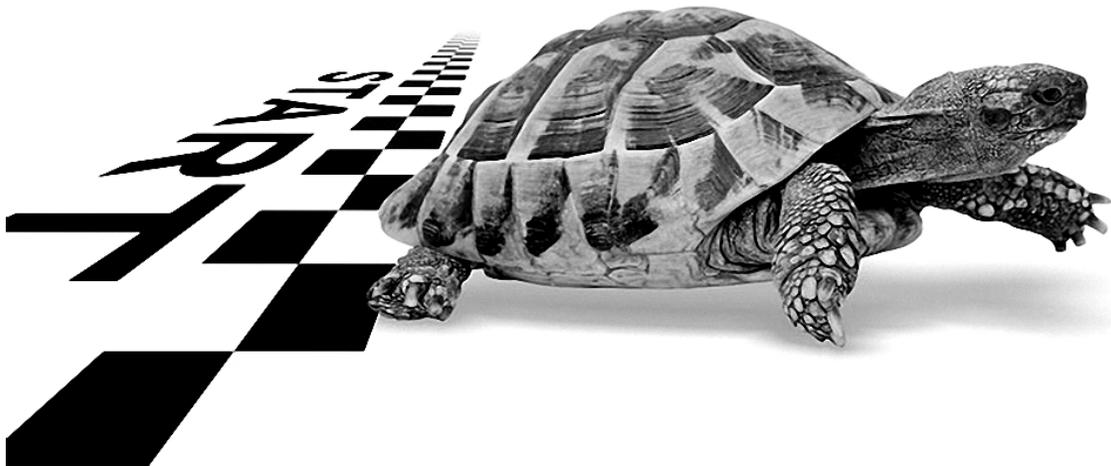




To The Point

Your Monthly BC Archery Newsletter



Ready, set, SLOW...

Here we go, folks. The government has set out their Restart 2.0 plan, providing 4 Stages to progress back to "normal".

We are currently in Stage 1. There are few changes relating to sport, and if you are still participating indoors, there is actually no change to the restrictions (max 2 adults, no spectators, physical distancing and masks required, participation at home club only)

If you are lucky enough to be participating outdoors, here are the restrictions / changes:

- More than 10 adults are allowed!! With the restriction of up to 50 adults and youth.

- Practice and competition is allowed at your HOME CLUB only (still not allowed to travel to other clubs, even if it is inside your health region)
- No spectators
- Physical distancing is required when not on the field of play (Field of Play includes the waiting line, shooting line, buttresses (when scoring and pulling arrows)). This includes the parking lot (please, no gathering to chit-chat), the registration table, the warm-up area, the equipment set-up tables, washrooms, etc.
- No travel - other than to your Home Club (that's ONE club where you attend on a regular basis)

These guidelines can be found on the [government website](#), in the [Gathering and Events order](#), and on the [viaSport Return to Sport page](#) and [Resource page](#).

If we are lucky, and the general population of BC does their part to keep the COVID numbers low, there may be a further loosening of restrictions, moving to Stage 2 no earlier than June 15th. At that point we may be allowed to travel and participate at other clubs. There will still be a restriction of 50 participants, but there may be an allowance for spectators finally.

Watch for updates on our [Facebook page](#) and in the June newsletter. If you help run a club and have questions about what is or isn't permitted in each Stage, please [contact us](#) for clarification.



Where's your head at?

So you think you can shoot. You've got some talent, have logged the scores to back it up.

But is that all that matters?

If you want to be good, I mean really great, then you've got to have the attitude and mindset to match.

The folks over at The Performance Room have a quick survey that can help point you in the right direction and offer some suggestions. [Check it out.](#)

As well, there are many other resources to help improve your brain. Work on your mindset and your attitude as much as you practice and your scores are bound to improve.



Coach Certification

Are you interested in taking the **Instructor for Intermediate Archers** course?

We are preparing for the BC Winter Games in February 2022 and see a need to have more coaches certified to be a Head Coach for the Zone Team. (Each Zone team must be lead by a Head Coach certified at Instructor of Intermediate Archers and an Assistant Coach with equal or lower certification, one male & one female coach per zone) Without coaches from the Zone, the youth in the Zone will not be allowed to attend the Games.

If you are interested in the training, whether for the BC Winter Games or for your own value, please [send an email](#) to get on a notification list. The course will be held virtually in the summer.

- Books: [Mindset](#), [Grit](#), [What to Say When you Talk to Yourself](#), [Golf is not a Game of Perfect](#) (just to name a few)
- [Mental Management Systems](#) - books (With Winning in Mind, Parenting Championships), videos/audio courses (<https://mentalmanagement.com/collections/shooting-sports>), online courses and more
- viaSport: [Checking in on Mental Health in the Sport Environment](#)
- Canadian Sport Institute: [Speaker Series, On-Demand, now FREE](#) Too many topics to list!!

(Thank you to those of you that contacted me last month. I have your info and will contact you as soon as the course has been scheduled).



[#KidSport](#) grants are available to help families cover the registration fee for a season of sport through KidSport community chapters [#SoALLKidsCanPlay](#). Check out their website to learn more and access grant applications <https://kidsportcanada.ca/british-columbia/provincial-fund/>



2022 Greater Vernon BC Winter Games

February 24-27, 2022

If you are a youth athlete, born in 2005, 2006, or 2007, and you shoot in the compound, recurve or barebow categories, then you'll want to watch for details on how to try out for your Zone team and attend the BC Winter Games!

Talk to your coach or club administrator to see how to prepare for the Trials this fall, even though your club may be closed and you're shooting at home.

The Games Society is looking forward to hosting us in Vernon, albeit in a reduced capacity. The Games may not look the same, but it promises to be a fun event with some great competition and opportunity for medals!

2021 Membership information

- Information on how to [renew your membership](#) can be found on the website.

Info for Club Organizers:

- Club Affiliation: for clubs that haven't renewed already, information about affiliation can be found on the [Club Resources](#) page.
- Club Directory: clubs in good-standing with BC Archery are listed on the [Directory](#).
- Club Administrators should ensure their club is following all provincial health orders and guidance, and should only be open if there is a COVID-plan in place (among other requirements). Guidance around [Return-to-Play](#) can be found on the website.



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